

## Corrections CELEBRATING

## Women's History Month / National **Nutrition Month**

## **MARCH 2015**

Sun Mon Tue Wed Thu Fri Sat Judy Yung (1946-Present) Delilah L. Beasley Delilah L. Beasley was a The National Nutrition In 1824 the first public Judy Yung is best known (1867 - 1934)for her groundbreaking Month 2015 theme is high school for girls Historian and Newspaper Columnist. "Bite into a Healthy opened in Worcester, work in documenting the immigration history Lifestyle." Massachusetts. of Angel Island Detention Center (1910-1940) for Chinese Americans. http://embroidme.com/articles/march-2015-is-the-right-time-tohttp://www.factmonster.com/ipka/ A0907019.html http://www.nwhp.org/2015-national-womens-history-monthsupport-national-nutrition-month http://www.nwhp.org/2015-national-womens-history-month-10 12 "Each time a girl Through the centuries, Louise Arner Boyd was the Louise Arner Boyd Myra Pollack Sadker first arctic explorer to lead a series of scientific explorations (1887 - 1972)opens a book and (1943-1995) many courageous **Daylight** women have stepped finds a Wife Leading Walnut on the east coast of Greenforward to fight womanless history, Garing Eson Househer Planet land. In 1955, Boyd was the inequality and to she learns she is Savings first woman to successfully fly worth less." Myra champion causes for the over the North Pole. http://www.factmonster.com/ encyclopedia/people/boyd-louise-rner.html benefit of society. Pollack Sadker Women's https://www.daysoftheyear.com/days/womens-history-month/ http://www.nwhp.org/ about our-history/-2/why-17 20 18 In the United States, National Women's Saint **First** History Month began in Day of 1981. President Reagan proclaimed the week Patrick's beginning March 7, 1982, as **Spring** "Women's History Week." http://www.nwhm.org/blog/its-womens-history-month/ Day 28 24 25 **27 23** 26 Start using the Michelle Obama—"The First Michelle Obama "Nutrition Month **National School Breakfast** Lady of Healthy Eating" is an Week is March 2-6, 2015. focuses on helping **Nutrition Facts Label** people to make correct

amazing role model to kids and adults alike. Her toned biceps and Let's Move, the childhood-obesity fighting program she started, is how she's captured our hearts.

www.eatright.org "Tip of

additional nutrition and

physical activity tips this

**National Nutrition Month** 

http://ranolph.ces.ncsu.edu/2010/03/ ten-nutrition-facts-for-national-nutrition-month/

29 Visit http://

The Day" for



Short term effects of

deficiencies, stress and

http://www.ask.com/health/ happens-don-t-eat-healthy-f0cddcfc452932b

unhealthy eating

lack of energy.

include nutritional

developing good eating and exercising habits."

https://www.daysoftheyear.com/days/nutrition-month/

Lack of access, or limited access, to health services

individuals health status.

When people do not have

health insurance, they are

less likely to participate in preventive care.

https://www.healthypeople.gov/20 20/about/foundation-health-measures/Determinants-of-

food choices as well as





"It highlights how eating a nutritious breakfast helps students achieve success in the classroom and beyond."

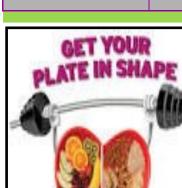
http://schoolnutrition.org/nsbw/



today and you'll be in the know about the foods you are choosing.

http://www.fda.gov/Food/ ewsEvents/ConstituentUpdates/u cm294737.htm





## The Department of Corrections Recognizes Women's History Month / National Nutrition Month

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with **International Women's Day** on March 8, and during October in Canada, corresponding with the celebration of Persons Day on October 18. http://en.wikipedia.org/wiki/Women's\_History\_Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. http://www.nationalnutritionmonth.org/nnm/